



Iowa CACFP Option 3 Individual Infant Feeding Record

Child's Name _____ Age _____ mo.
 Month & Year _____
 Who provides formula? _____
 Formula Name _____

Abbreviations

C Ch = Cottage Cheese Opt = Optional
 Ch = Cheese Tbsp = Tablespoon
 Frt = Fruit Veg = Vegetable
 HM = Human Milk
 IFF = Iron Fortified Infant Formula
 IFC = Iron Fortified Infant Cereal

Rev 10/2002	Age	Infant Meal Pattern**	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Breakfast	0-3 mo	4-6 oz HM* or IFF					
	4-7 mo	4-8 oz HM* or IFF					
		0-3 Tbsp IFC (Opt)					
	8-11 mo	6-8 oz HM* or IFF					
		2-4 Tbsp IFC					
		1-4 Tbsp Frt and/or Veg					
Snack	0-7 mo	4-6 oz HM* or IFF					
	8-11 mo	2-4 oz HM* or IFF or Frt Juice					
		0-½ slice Bread or 0-2 Crackers (Opt)					
Lunch	0-3 mo	4-6 oz HM* or IFF					
	4-7 mo	4-8 oz HM* or IFF					
		0-3 Tbsp IFC (Opt)					
		0-3 Tbsp Frt and/or Veg (Opt)					
	8-11 mo	6-8 oz HM* or IFF					
		1-4 Tbsp Frt and/or Veg					
		2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½-2 oz Cheese; 1-4 oz C Ch or Ch Food or Ch Spread					
Snack	0-7 mo	4-6 oz HM* or IFF					
	8-11 mo	2-4 oz HM* or IFF or Frt Juice					
		0-½ slice Bread or 0-2 Crackers (Opt)					
Supper	0-3 mo	4-6 oz HM* or IFF					
	4-7 mo	4-8 oz HM* or IFF					
		0-3 Tbsp IFC (Opt)					
		0-3 Tbsp Frt and/or Veg (Opt)					
	8-11 mo	6-8 oz HM* or IFF					
		1-4 Tbsp Ft and/or Veg					
		2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½-2 oz Cheese; 1-4 oz C Ch or Ch Food or Ch Spread					

*Prepare the amount of breastmilk the baby usually drinks at one feeding. Some babies may drink less than 4 oz. at a feeding. Offer more if the baby still seems hungry.

**Minimum quantities are listed, some infants will need more food to satisfy their hunger and to be healthy.